OPAL NEWS



The Queen's Award for Voluntary Service

OPAL

OLDER PEOPLE'S ACTION IN THE LOCALITY

May/June

Welcome to the May / June edition of the OPAL newsletter.

How are we already at the halfway mark of the year!? Fingers crossed we get some lovely sunny weather this summer, especially so we can enjoy our new sensory garden! We will be sharing some more photos of the new garden in the next edition of the newsletter. We will be closed on Monday 4th May and Monday 25th May for the bank holidays. June is Alzheimer's and Brain Awareness Month, we are hosting a Dementia Roadshow on Monday 8th June, head to page 11 to find out more.



OPAL Trips

Here are some photos from our first 'hands off' trip.

These trips are designed to encourage more independent OPAL members to come on trips, and will often be further away, or have more walking involved. February's trip to Leeds Recycling Centre had 100 steps we had to walk up! In March we had a great time at Leeds Discovery Centre where we learnt all about Leeds' very own Egyptian Mummy – Nesyamun! Head to page 3 to see what trips we have planned for May and June.



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What's on...

Monday Lunch Club

We have three lunch clubs a week here at OPAL. At present, we have space on our Monday lunch club!

If you would like to join us for a hearty, healthy, and delicious homecooked two-course meal followed by a cuppa every Monday, please ring OPAL on 0113 261 9103 to book your place. Lunch costs £7, and transport can be provided for an additional £5.





Dance On

Join in the fun with Dance On Sessions! Looking for a great way to stay active, meet new people and boost your physical and mental wellbeing?

Dance On sessions are the perfect place to start. Whether you're a complete beginner or have been moving and grooving your whole life our sessions are for you. Led by professional dance artists you will learn new skills and movements adaptable to different mobility levels. You can take the session at your own pace, some of our dancers stand, some sit – but everyone has a great time staying active together. No experience needed, just bring yourself and your enthusiasm! Your first session is always FREE! Mondays 2.15 – 3.15pm at the Welcome In Community Centre.



Exercise Class – Chair-Based Yoga

Wednesdays 1 – 2pm in the Sunshine Room.

Join us for a FREE hour of chair-based yoga run by Jenny from BARCA! There is **NO** transport for this class.

PCSO Contact Point

Local PCSOs come to the Welcome In Café every Thursday morning, 10am – 11am.

If you have any problems and would like to speak to your local PCSOs, there is no need to book, just pop in and have a chat with them!

Price Changes

Our Tai Chi classes have changed from £5 to £6, as has our Yoga class. Our lunch clubs have also increased in price from £6 to £7. If you have any problems, or wish to speak about this, please call OPAL on 0113 261 9103.

Exercise Class – Physio Tai



Thursdays 1 – 2pm in the Sunshine Room.

Join physiotherapist Ammit Mistry for an hour of physiotherapist-led Tai Chi. This class is £5 per person. There is **NO** transport for this class.

Drop-In Office

OPAL's drop in office is open from 10am – 1pm Monday and Tuesday, and 10.30am – 1.30pm Wednesday to Friday to access information, book onto trips, and get support. Alternatively, you can call OPAL on 0113 261 9103.

Non-Clinical Cancer Support Project

OPAL is working in partnership with local GP surgeries and MacMillan to support people in LS16 who are living with and beyond cancer.

The project includes four Thursday morning meet-ups in May for individuals who have recently had a cancer review. These sessions will explore a range of relevant topics, while also providing a safe and supportive space for attendees to socialise, share experiences, and connect with others. In addition, a larger community event will take place on Monday 22 June, open to everyone. This day event will feature guest speakers and local stallholders, offering information about cancer screening, support services, and the range of help available in the local area. For more information call OPAL on 0113 261 9103.

Adult Social Care Drop-In

Adult Social Care will have a drop in at OPAL at our Games Morning and in our café 11am – 1pm on Thursdays 28th May and 25th June. Pop in to have a chat with them to find out information and advice.

OPAL Trips

Hands On Trip
Tuesday 5th May
11am-3pm, £30
A trip to **Burnby Hall and Gardens** with soup and a sandwich for lunch followed by a walk around the lake. This trip is accessible and open to ALL. If you need assistance, please let us know when you book your place. Transport from home can be provided for an additional £5.

Hands Off Trip
Tuesday 9th June
9:30am-5pm, £35
A trip to **Yorkshire Wildlife Park** to see the animals! This trip is over an hour away and involves lots walking. This is a hands off trip meaning you need to be able to manage independently, there will be no volunteer support for this trip, and no transport from home. If you need support you will need to bring a carer.

Friday Social

Every Friday, 2pm-3:30pm. An activity followed by refreshments. £3 per person, transport available for £5.

May:

1st - Yorkshire Air Ambulance Talk
8th - Board Games
15th - Silent Disco
22nd - Bingo
29th - Horsforth Museum Quiz

June:

5th - Marks and Spencer Archive Talk
12th - OPAL Sports Day
19th - Quiz
26th - Oldest Churches in Leeds Talk

Shopping Trips

This trip is also door-to-door. The minibus will pick you up from home, take you to Pudsey Owlcotes, then take you home again afterwards. Pick up is 11am and you will be home around 3pm.

The trips cost just £5 thanks to Headingley Rotary Club's donations, allowing OPAL to keep this trip as low in cost as possible. Please note: the trip price may increase in July 2026.

2026 Dates

May: 7th & 21st
June: 4th & 18th
July: 2nd and 16th
August: 6th and 20th
September: 10th and 24th
October: 8th and 22nd

Men's Trips

The OPAL Men's Trips run once a month. 6 trips of the year are an afternoon out somewhere, such as Cartwright Hall or Cliffe Castle Museum. The other 6 trips of the year are a meal out.

May Trip:
Tuesday 12th May, 10.30am-2.30pm, £10
A day at the **Royal Armouries**! Visit the cafe or bring a packed lunch.

June Trip:
Tuesday 16th June, 11.30am-2.30pm, £25
Enjoy a three-course lunch at **The Dexter** pub!

Transport available from home for an additional £5. Call 0113 261 9103 to book.

A reminder phone call will be made the week of the trip. Cancellations less than a week before the trip will not be refunded. To book your place on a trip, please call 0113 261 9103 or visit our drop-in office that's open Monday and Tuesday 10am-1pm, and Wednesday to Friday 10:30am-1:30pm.

MONDAY

Health and Wellbeing Coach R
9am-4pm
By GP referral only

Musical Communication
9:15am-10am, £10
A fun and effective intervention for children with social-communication needs. Call Ros on 07546429018 to enquire

Drop-In Office
10am-1pm
For information and advice

Massage W
10am-12pm
£10 for 45 minutes

Lunch Club
12:30pm-2pm, £7
Transport £5
A homecooked meal, dessert and a hot drink

Memory Support
Fortnightly
1:30pm-3:30pm, £5
Free transport
For those with memory problems and their carers

Dance On
2:15pm-3:15pm, £5
For all abilities, can be done seated or standing

Brownies
5:45pm-7:45pm
To enquire, visit Girlguiding Leeds

Cookridge Writers Collective
6:30pm-8:30pm
SECOND Monday of the month.
Come along for a chance to get creative with peer support

W Wait List
R Referral Only
OPAL Members
Open to ALL
Appointment Only

TUESDAY

Reflexology with Nick
9am-4pm, appointment only
Call 07751078787 to book

Line Dancing
10am-11am, £5
For all abilities

Men's Trips
The OPAL Men's Trips run once a month. 6 trips of the year are an afternoon out somewhere, such as Cartwright Hall or Cliffe Castle Museum. The other 6 trips of the year are a meal out.

OPAL Trips
Our OPAL Trips run monthly, alternating between a trip with support and a trip for independent members

Drop-In Office
10am-1pm
For information and advice

Active Leeds Strength and Balance R
12:45pm-3:30pm
Improve your strength and balance
Referrals only. To refer, visit Active Leeds-Falls Prevention or call 0113 3783680

Memory Support
Fortnightly
1:30pm-3:30pm, £5
Free transport
For those with memory problems and their carers

Carers Support W
Fortnightly
1:30pm-3:30pm, £5
Free transport
For carers and people they care for

PACT Meeting
7pm-8pm
Every SIX weeks
A chance to chat with your local Weetwood Ward PCSOs

WEDNESDAY

Café
9am-3pm

Drop-In Office
10:30am-1:30pm
For information and advice

Tai Chi W
Bramhope Methodist Church
10:15am-11:15am, £6
For all skill levels

Gentle Exercise W
10:15am-11:15am, £5
Seated and standing exercises

Craft Group
10am-12pm, £3
For all skill levels

Chair-Based Exercise W
11:30am-12:30pm, £5
Transport £5
A seated exercise class

Lunch Club
At the High Farm Pub
12:30pm-2pm, £7
Transport £5
Homecooked meal, dessert, hot drink and bingo

Chair-Based Yoga
1:15pm-2:15pm, free
Relaxed seated yoga

Digital Support
1:30pm-4:30pm, £5
Group setting for help with all things digital

Youth Group
6:30pm-8:30pm, free
For 11-19 years of age
A place to meet for activities and support

We Can't Sing
At the Fox and Hounds Pub
7pm-8:30pm, MONTHLY.
A relaxed group for singing

Milfield Memory Clinic R
9am-4pm
By GP referral only

THURSDAY

Café
9am-3pm

Reflexology with Nick
9am-12pm, appointment only
Call 07751078787 to book

Wellbeing Walks
Leave Welcome In at 10am on the public bus or car share

PCSO Contact Point
10am-11am
Visit the cafe to have a chat with Weetwood Ward PCSOs

Drop-In Office
10:30am-1:30pm
For information and advice

Tai Chi W
Adel and Ireland Wood Community Centre
10am-11am, £6
For all skill levels

Games Morning
10:30am-12pm, £2
Transport £5
A morning of board games

ASC Drop-In
11am-1pm
Every THIRD Thursday
Pop in to the café for an informal chat with Leeds Adult Social Care

Shopping Trips
Fortnightly, 11am-3pm, £5

Yoga
11am-12:15pm, £6
Standing and floor yoga

Chair-Based Exercise W
12:30pm-1:45pm
and 2pm-3:15pm, £5
Transport £5
A seated exercise class

Physio Tai Chi
1pm-2pm, £5
Tai Chi with physiotherapist, seated and standing options

Table Tennis
2:15-3:45pm, £3
For all skill levels

FRIDAY

Café
9am-3pm

Reflexology with Nick
9am-4pm, appointment only
Call 07751078787 to book

Fast 5 Mile Wellbeing Walk
Welcome In at 10am on the public bus or car share, monthly

Drop-In Office
10:30am-1:30pm
For information and advice

Bereavement Café R
10:30am-12pm, fortnightly
Referral from OPAL staff only

Scalextric
10am-12pm
LAST Friday of the month
Have fun racing round the track!

Tai Chi W
10:15am-11:15am, £6
For all skill levels

Book Club
FIRST Friday of the month
11:30am-12:30pm
Each month's book is chosen by a group member

Hearing Aid Clinic
12pm-2pm
QUARTERLY for tube changes and battery replacements. Must be NHS hearing aids.

Lunch Club W
12:30pm-2pm, £7
Transport £5
A homecooked meal, dessert and a hot drink

Councillor Surgery
1pm-2pm
THIRD Friday of the month
Pop in to talk to your local Weetwood Ward councillors

Friday Social
2pm-3:30pm, £3
Transport £5
Weekly entertainment

WEEKEND

Cook Stars
SATURDAY 9:30am-11:45am
Teaching kids and teens to cook from scratch.
Call Laura on 07356211366 to book

Active Tots
SUNDAY 9am-11am
Fun and engaging sessions to keep the body and mind of little ones active. For ages 2-5.
Call Joel on 07807328459 to book

JOIN THE COMMUNITY

Incredible Edible
A community growing area at the back of the Welcome In, for anyone to help grow and take home the produce. On certain days throughout year we plant and maintain the growing patch, but we always need individuals to check in on it as and when. Seed donations or plants happily accepted to help us thrive!

LS16 Litter Hub
Plenty of bags, grabbers and hi-vis equipment for groups or individuals to borrow to help keep our community clean!

Community Compost
Take a compost bin and get filling! Bring it back to the Welcome In to empty it into one of our three compost bins. When the compost is ready you can take some home.

Little Library
Borrow a book, swap a book for one you already have, or bring books in for others to enjoy! Our little library is located by our patio.

Power Cuts

Preparing for a Power Cut

- **Create an Emergency Kit:** Include essential items such as flashlights, batteries, candles, matches, a battery-powered radio, and a first aid kit. Keep the emergency kit in an easily accessible place.
- **Have a Communication Plan:** Ensure you have a charged mobile phone or a landline phone that runs off battery. Keep a list of important phone numbers, including emergency services and family members, near the phone.
- **Stock Up on Supplies:** Have a supply of non-perishable food items, bottled water, and medications that can last for a few days. Consider having a manual can opener and a camping stove for cooking.

During a Power Cut

Use a flashlight or battery-powered lantern for light instead of candles to prevent fire hazards. Avoid using gas-powered generators indoors, as they can produce harmful carbon monoxide gas. In cold weather, dress in warm layers and use blankets to stay warm. In hot weather, open windows for ventilation and use battery-operated fans if available. Keep the refrigerator and freezer doors closed as much as possible to maintain the temperature and prevent food spoilage. Use perishable food items first and consume them within a safe time frame.

After a Power Cut

Before turning on electrical devices, make sure the power has been fully restored to avoid damage from power surges. Adjust clocks, timers, and other devices that may have lost power. Replace used items in your emergency kit, such as batteries, candles, and first aid supplies.

Reflect and Learn:
Take note of any difficulties or challenges faced during the power cut, and consider making additional preparations for future incidents. The Priority Services Register (PSR) is a free UK wide service which provides extra advice and support, including when there's an interruption to your electricity, gas or water supply. To sign up with Northern Powergrid call **0800 169 2996**.

Telecare Falls Pendants:

All Telecare units have a back up battery/power supply in the event on an emergency.

They always advise to test equipment once power is back on to ensure equipment is working as it should be. If there any issues, you can call Telecare on **0113 378 3290** and they can arrange a visit.

OPAL Support for Carers

Are you a carer?

Sally-Anne is our staff member who offers support to OPAL members who are carers. She can give information and advice, visit carers at home, and help with form filling, as well as offering emotional support and much more.

Shelley is our staff member who helps Sally-Anne facilitate our fortnightly carers group. Sally-Anne spends the session offering a listening ear to our carers, while Shelley spends the session with those who are cared for, playing games and chatting, with the help of volunteers.

Shelley and Sally-Anne have a wealth of knowledge between them. If you have any questions about being a carer, or would like any information and support, please call OPAL on **0113 261 9103**, or email admin@opal-project.org.uk



We also have a carers handbook available. If you would like a copy, please call **0113 261 9103** or speak to a member of staff.

All of these things can be RECYCLED in your GREEN BIN

Keep me handy as a quick-reference guide for recycling

Glass bottles and jars with lids on

If you've got extra glass, don't forget you can still use your local bottle bank

Plastic film, pots, tubs, trays, bottles, and bags

Aerosols, aluminium foil, food tins and drink cans

Cardboard, paper and cartons

Leeds recycles

Scan me for more recycling advice

Use your GREEN BIN for plastic, paper, card, cans, foil, cartons, aerosols and glass

Yes please ✓	No thanks ✗
Glass bottles and jars	Batteries
Plastic bottles, film, containers and bags	Food waste
Metal food tins, drink cans, aerosols, aluminium foil and trays	Nappies
Clean, dry paper and card	Garden waste
Tetra Pak and cartons	Polystyrene

Additional waste, recycling and reusable items can be taken to recycling centres. Check your nearest **www.leeds.gov.uk/recycling**

Handy RECYCLING Tips

You can now green bin your glass! All empty glass bottles and jars of any colour can be recycled in your green bin. If you've got extra, you can still use your local bottle bank.

Donate, sell or swap your unwanted household items. There are many online options for selling and swapping. Maybe drop them off in the reuse container and recycling banks at your local household waste recycling centre.

Home compost your food peelings, eggshells and tea bags alongside grass cuttings and hedge trimmings. Discounted composters are available from **www.leeds.gov.uk/compost**

Leeds recycles

www.leeds.gov.uk/greenbin

Scan to download the handy Leeds Bins app to your phone

Leeds City Council Tenants Information

How to contact us:

To request a repair:

- Order repairs 24/7 through the Tenant Portal www.leeds.gov.uk/ssp (non-emergency repairs only).
- Call **0800 188 4000**
- Visit us in person at a community hub - please check hours before visiting, as these may differ from building opening times.
- Outside of office hours we will only take calls for emergency repairs.

Other services:

- To make a rent payment call **0300 456 0484**. You can also call your local housing office to make a payment.
- For all general enquiries: Call **0800 188 4000** (Monday, Tuesday, Thursday, and Friday, 9am to 5pm; Wednesday 10am to 5pm). This number is free from a mobile and a landline.
- For all ongoing tenancy matters please contact your local housing office.

For properties in Kirkstall, West Park and Weetwood the office email is: **Kirkstallhousingenquiries@leeds.gov.uk** - Office number is **0113 378 2230**

For properties in the Horsforth, Otley and Adel the office email is: **Horsforthhousingenquiries@leeds.gov.uk** - Office number is **0113 3782535**

Let us know:

Keep us updated - let us know if you change your telephone number or email address

Take part in our current consultations and see how your feedback has improved services. You can join our Tenant Voice Panel to be invited to take part in consultations.

Joining the panel will give you the opportunity to meet new people, gain new skills, and talk about subjects that are important to you.

If you would like to speak to someone about the Tenants Voice Panel please email **housinginvolvement@leeds.gov.uk** or telephone **0113 378 3330**.

Fraud Advice

Top Ten Tips to Prevent Fraud:

1. Be wary of offers that seem too good to be true.
2. A sense of urgency is a common fraudster's tactic.
3. Take time to conduct due diligence before sending money or signing documents.
4. Utilise buyer's protection by using safer methods of payment such as a credit card when shopping online.
5. Keep your banking and personal information safe, secure, and protected.
6. Look for evidence of a company's legitamacy, not just testimonials.
7. Access websites directly rather than through links in emails and texts.
8. If called on a landline, make sure the line is clear by hanging up for 10 seconds or longer before verifying the contact.
9. If you spot a scam, or have been a victim of fraud, report it. A scam is a crime.
10. Reporting fraud helps to prevent others from becoming a victim.

Stop and think before parting with any money or personal information. Taking a moment could keep you and your money safe.

It's okay to reject, refuse or ignore any requests. The police, or your bank, won't mind you taking the time to check who you are. **Only criminals will try to panic or pressure you.**

You could say:
"I am not sure about this, I will contact my bank directly"
"I am not interested, I am going to hang up now"
"I need to check who you are before I speak to you, goodbye"

Ask yourself:
Does this feel right?
Is this too good to be true?
Do I feel rushed?

Reporting Fraud:
Contact your bank immediately if you think you have been a victim of fraud.
Tell the police using the **Report Fraud service via 0300 123 2040**.

If you receive a call or message asking you to hand over money or personal information then **stop, hang up and call 159** to be connected directly to your bank.

Report spam or scam texts directly to your mobile phone provider free of charge by **forwarding the text message to 7726.**

Visit **stopthinkfraud.campaign.gov.uk** for more information. Information above provided by Yorkshire and Humber Regional Organised Crime Unit.

Dementia Roadshow

Monday 8th June 9:30am-3:30pm

Here all day: Dementia Experience Bus (sponsored by Home Instead)
See what it is like to live with dementia. 3 people per 20 minute session. Please book a slot by phone **0113 261 9103** or email sally-anne@opal-project.org.uk

Here all day: Liver Buddies Bus
Get a liver scan if you meet one of the following criteria: previously had or been at risk of Hepatitis B or C, consume more than 14 units of alcohol a week, 50 years old and over with Type 2 diabetes, 50 years old and over with a body mass index of >30 BMI or >27 BMI

9.30am-9.40am – Welcome and Housekeeping
9.40am-10.10am – Dr Sultana and Denise Ramsbottom (RMN) introduction to Memory Services
10.10am-10.30am – Nicky Addison Admiral Nurse introduction to their service
10.30am-10.50am – Jenny Jubb - PCN Ageing Well Team. How your GP can support you
11.10am-11.40am – Lorraine Lumb - Hospital based Carers Support Worker. Introduction to support available in hospital and Community based Carers Support
11.40am-12.00pm – A person with lived experience
12.00pm-12.20pm – A carers' experience
13.15pm-14.15pm – Dementia Friends Session (Ruth from Full Circle Funerals)
14.30pm-15.30pm – Dementia Friends Session (Ruth from Full Circle Funerals)

Throughout the afternoon there is the chance to speak to professionals about any questions you might have, and to have a look at the information stalls: Admiral Nurse, Memory Support Workers, Info on Advance Decisions/Advance Statements and LPA's + Aids and Adaptations, Rainbow Day Care, Memory Lane, and Calverlands.

BITS AND BOBS

A huge thank you to all who have helped with our sensory garden. Sarah for her ideas, Pauline for her years of dedication, James and his partner who built the brick raised beds, Nigel and the team from TCV who laid the path, Ben and his team from TAO who got stuck in, and of course all of our volunteer gardeners who have helped us tackle this area and this challenge. It hasn't been easy, a lot of hard work and time has gone into this and we couldn't be more grateful. We can't wait to see the garden bloom and grow for many years to come!













In Loving Memory

Our thoughts go out to the family and friends of:

Martin Frank Page
David Austin



Men's Trip

Our men's trip went to Bradford Media Museum in March.

They visited the café for lunch and enjoyed walking around the museum learning about sound waves, radios, TV's, cameras and much more! In April the men had a lovely lunch at the newly refurbished Toby Carvery in Horsforth. To find out more about the men's trips in May and June, head to page 3, or call 0113 261 9103 and speak to Shelley.



Councillors' Surgery

Every 4th Friday 1 – 2pm councillors from the Weetwood Ward hire our meeting room to have their councillor surgery.

If you live in the Weetwood Ward and wish to speak to your councillors, there is no need to book, you can just turn up! **The next dates they will be at OPAL are Friday 22nd May and Friday 26th June.**

Falls Pendant



A falls pendant is a device you can wear on your wrist or around your neck.

They have a button on them that you can press to call for help should you fall or find yourself unwell. They are a good idea to have, especially if you live on your own. Leeds City Council has a falls pendant service called Telecare. For more information, or for help applying for a falls pendant, please call OPAL on 0113 261 9103.

Recycle Ink Cartridges

We have a box in the drop-in office for you to drop off used computer ink cartridges.

When the box is full, we will send it off for recycling, which will then give money to OPAL! Our drop-in office is open Monday and Tuesday 10am – 1pm, and Wednesday to Friday 10.30am – 1.30pm. We have raised over £76 in the last few months!



Attendance Allowance

The Attendance Allowance is extra money from the government to help you live independently.

You need to be state pension age or older and have a long-term physical or mental condition or disability. It doesn't matter what the condition is – it matters how it affects you. To find out more about the Attendance Allowance, or to get help filling in the form, call OPAL on 0113 261 9103.

Hearing Aid Maintenance at The Welcome In

Hearing aid drop-in clinic will be held in the meeting room at the Welcome In on Friday 24th July 12pm – 2pm for NHS patients.

At the clinic we can change batteries, provide replacement tubing and service hearing aids. Please bring your white or yellow NHS card with you, and please be aware there may be a wait as it can be a popular session.



AccessBus



The AccessBus by Metro is a door-to-door transport service, operating locally throughout West Yorkshire seven days a week between 9am and 5pm.

It is of benefit to people who encounter difficulties using standard bus services, as the driver assists passengers from door-to-door, including boarding and alighting where required. Many people use the AccessBus to go shopping. It is a FREE service to those who have a senior or disabled bus pass. To register and book your journey, please call 0113 348 1903.

Discover how good later life can be at Headingley Hall Retirement Apartments

Imagine a life without the worry of housekeeping, gardening or keeping on top of bills. Owning a luxury retirement apartment gives you the opportunity to live life at your own pace – enjoying as much or as little of the active social programme. Even better, the reassurance that we offer 24/7 care and support on-site if, or when, you need it.

The perfect choice for later life.



Book your personal show around today. Call Catherine on 07834 804186 or email: creuben@westwardcare.co.uk

Headingley Hall
Shire Oak Road
Headingley
Leeds LS6 2DD

Twitter
@WestwardCare
Facebook
Westward Care

Inspected and rated Good
CareQuality Commission

westwardcare.com

Parking in Leeds

Leeds.Traffweb.app is a Leeds City Council website you can use to find out about all the different parking restrictions in and around Leeds.

Trades List

At OPAL we have a trades list full of local traders, ranging from chiropodists right through to chimney sweeps!

These traders have been recommended to us by OPAL members. If you have any traders to recommend, or if you would like to see the trades person list, please speak to a member of staff!

This publication is available in large print, audio CD, cassette or USB. Please call on 261 9103 if you would prefer your newsletter in one of these formats.

Facebook: OPALLeeds16

WelcomeInCommunityCentre&Café

Instagram: @welcomeinls16

Email: admin@opal-project.org.uk

Thank you

Thank you to the late John Hutchinson for leaving us a legacy in his Will. It is greatly appreciated.

A big thank you to all our members who have renewed their membership, and to those who have given donations at the same time.

Thank you to Leeds Modernians for their donation of £50 from the money raised at last year's scarecrow festival. Keep your eyes peeled for this year's OPAL entry!

Thank you very much to Elma and John for their kind donation.

Thank you to Lucy who did a 24-hour live streaming event and fundraised over £100 for us!

Thank you to Vilma for her kind and generous donation – it means a lot to us.



Welcome In Community Centre, 55 Bedford Drive, Leeds, LS16 6DJ
Telephone: 0113 261 9103
www.opal-project.org.uk
admin@opal-project.org.uk
www.welcomein.org.uk

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